

WINTER



# NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?



## Sodium Smarts of School Lunch

### Did you know?

Sodium reduction in school meals is underway. Following the requirements of the Healthy, Hunger-Free Kids Act, sodium levels in school breakfasts and lunches already have been reduced 5-10% with plans to gradually lower sodium levels even further over the next several years.

For every school meal, sodium levels currently are required to be:

Grade Level	School Breakfast	School Lunch
Elementary	Less than 540 milligrams	Less than 1,230 milligrams
Middle	Less than 600 milligrams	Less than 1,360 milligrams
High School	Less than 640 milligrams	Less than 1,420 milligrams

But the key to any healthy school meal is making it taste good while keeping up with popular food trends kids enjoy. Aramark's team of chefs and registered dietitians are doing just that by boosting flavor with less sodium. Here are just a few of the new menu items your child may be seeing soon in the cafeteria:

- Korean BBQ Tacos
- Nacho Cheeseburgers
- Chili Lime Popcorn Chicken
- Mac and Cheese Pizza ... and more!

Another smart way to slash sodium from any meal is to serve more fresh fruits and vegetables. Aramark helps support school districts like yours to include locally grown produce in school meals whenever possible. Benefits from buying seasonal fruits and veggies include:

- Improved student nutrition
- An appreciation for sustainability
- More community connections
- A positive impact on the local environment
- Support for local farmers

<sup>1</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.



### How much sodium?

The current Dietary Guidelines for Americans recommend no more than 2,300 milligrams of sodium daily for most Americans and less than 1,500 milligrams a day for those who are 51 years or older, African Americans, and people who have high blood pressure, diabetes or kidney disease.<sup>1</sup>

### How much is that?

One teaspoon of table salt contains 2,325 milligrams of sodium.



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. [visit myhealthyforlife.com](http://myhealthyforlife.com)

